

Q11. Given below are the two statements, one labelled as assertion (A) and the other as reason (R) select the correct answer to these questions from codes (a), (b), (c) and (d).

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A)
- (b) Both (A) And (R) are true and (R) is not the correct explanation of (A)
- (c) (A) is true and (R) is false
- (d) (A) is false and (R) is true

Assertion: (A): Lowering the arm during curling is example of flexion.

Reason (R) In this the angle of arm decreases between a segment and its proximal segment

Q12. Match the following list I with list II

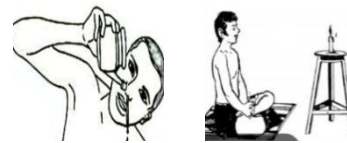
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|-----------------------------|---------------------|
| List -I | List -II |
| (Joint) | (Example) |
| (i) Hinge | 1. Top of the neck |
| (ii) Pivot | 2. Shoulder or hips |
| (iii) Ball and socket joint | 3. Elbow or Knee |
| (iv) Condylloid | 4. Wrist |
| a) 3, 1, 2,4. | b) 2,4,1,3 |
| | c) 4,2,1,3 |
| | d) 1,3,4,2 |

Q13. Match the following list I with list II

- | | |
|-------------------------------------|----------------------------|
| List -I | List- II |
| (i) Father of Olympic | 1. Citius, altius, fortius |
| (ii) IOC | 2. 394. A.D. |
| (iii) Olympic Motto | 3. 23 June 1834 |
| (iv) Last event of Ancient Olympics | 4. Pierre –de-Couberti |
| a) 2,4,3,1 | b) 2,1,4,3 |
| | c) 4,3,2,1 |
| | d) 4,3,1,2 |

Q14. Identify the following kriyas:

- a) Jal neti & Nauli
- b) Dhuti & Tratak
- c) Jal neti & Trataka
- d) Sutra neti & Trataka



Q15. Identify popular traditional and regional game ;

- a) Kabaddi
- b) Gilli Danda
- c) Stappu
- d) Pittu



Q16 Which one of the following is not a problem related to adolescence?

- a) Eating disorder
- b) Substances abuse
- c) Anti –social behaviour
- d) Lack of language development

Q17. The performance enhancement drug generally used by boxers and judo players to reduce their weight

- a) Anabolic steroid
- b) Diuretic
- c) Cannabinoids
- d) Blood doping

Q18. Common fitness Test are

- a) JCR, Kraus, Weber, SAI Khelo-India Test
- b) Blood Pressure Test, bone Calliper, Muscle Biopsy
- c) BMI, W.H. Ratio Test, Allergy Test
- d) Sheldon Body Type, Carl Jung Personality Test

(SECTION B)

Q19. What is team cohesion? Why is team cohesion helpful in sports?

Q20. State the two causes of overload with example.

Q21. Create the flow chart of types of joints.

Q22. What is test in sports? List any four types of Tests.

Q23. Differentiate between active and passive flexibility.

Q24. Write short notes on Olympic symbol.

(SECTION C)

- Q25. What is Olympism and its fundamental principles?
- Q26. Describe any three objectives of adaptive physical education.
- Q27. How do traditional games promote wellness?
- Q28. Explain the classification of Test in physical education and sports?
- Q29. Create a flow chart of importance of anatomy and physiology.
- Q30. Explain the applications of axes and planes in body movements.

(SECTION-D)

- Q31. Read the following case study and answer the questions given after each:

Evaluation and measurement are important to assess the base and then the progress in all facts of life, more so in sports. Performance enhancement is always a goal but one needs to know and understand the starting baseline. Before any sports can be initiated, clear understanding of why it is important to test, measure and evaluate any sports performance has to be in place. As the PE teacher of your school, you have to lay out the reasons for implementing testing and measurement.

- (i) What do you understand by test, measurement and evaluation?
- (ii) Why is it important?
- (iii) How do these factors help you in effective planning of the school sports curriculum?
- (iv) What states one's abilities, capacity and achievement level?
- a) Test b) Evaluation c) Measurement d) None of these

- Q32. Rakesh is a 15-year-old boy who suffers from anxiety, stress, depression and exhibit anti-social behaviour. Being eccentric, he only has very few good friends. He is often fatigue and has poor concentration during class but yet able to do well for all his tests. During the parents -teacher meeting, Rakesh's father discussed about the behaviour of Rakesh with Physical Education teacher. The teacher told him that these are the problems of adolescence which can be solved with proper guidance and creating appropriate environment.

On the basis of the above data, answer the following questions:

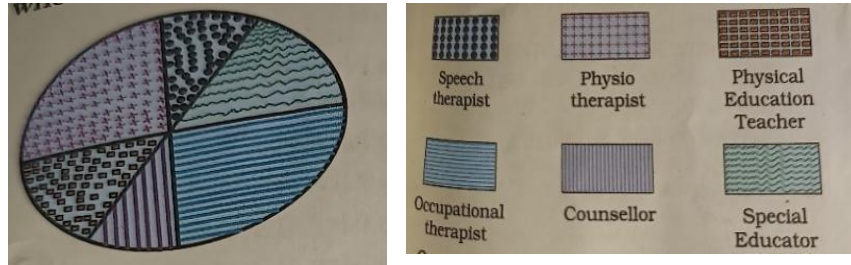
- (i) Which period means "grow or to grow to maturity"?
- a) Adolescence b) Late childhood c) Early childhood d) Infancy
- (ii) What is the range of adolescence?
- a) 3-12 years b) 51-59 years c) 13-19 years d) 21-29 years
- (iii) The reasons of the social problems in adolescents is /are
- a) The opinions/thoughts of adolescents, sometimes, do not match with their society.
- b) The society over- rules /discourages their opinions.
- c) Adolescents want autonomy in their thoughts and the task they do.
- d) All of these.
- (iv) Adolescent's problems can be overcome by
- a) Proper environment b) Vocational guidance c) Social education d) All of these

Q33. Suresh enrolled himself in a football academy where his coach explained the planned training process based on scientific principles. Apart from this, information about what to keep in mind while training during coaching and ways to focus on skill development and techniques, were in the absence of the above information. Apart from this, information was also provided that banned medicines should not be included in their diet. On the basis of the above data, answer the following questions:

- (i) What do you mean by 'Prohibited substances', in sports?
- (ii) Why is sport training necessary?
- (iii) Discuss the principle of specificity in sports training.
- (iv) What do you understand by WADA?

OR

Below given is the pie chart of various professionals like counsellors, occupational therapists, Physiotherapists and special education who help children with special needs.

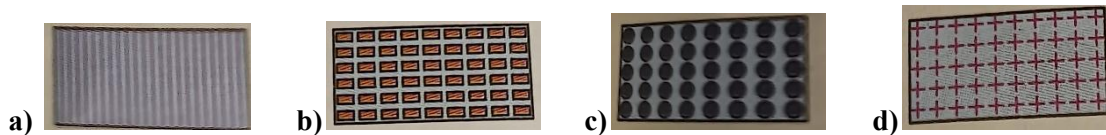


On the basis of above data answer the following questions:

- (i) What is the role of physiotherapist for children with special needs.
- a) To maximize the ability to move b) To minimize the ability to move
c) To develop endurance d) None of the above
- (ii) _____ therapist helps children with special needs in performing self-care skills like eating, dressing and bathing etc.



- (iii) _____ are the professionals who improve general movement skill, improve hand eye coordination and develop different sports developing skills.



- (iv) Name the teacher who is specially trained to work with CWSN.
- a) Physical Education Teacher b) Principal
c) Physiotherapist d) Special educator

(SECTION -E)

- Q34. What do you mean by doping? Explain its types.
- Q35. Discuss how the biomechanics can improve the game of sports person.
- Q36. List the elements of yoga. Explain briefly about any 4 elements of yoga.
- Q37. Define Physical Education. Explain the changing trends in sports or games in terms of change in playing surface, equipment and technological advancements.